



U.S. TAE KWON DO ACADEMY

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PROMOTIONAL EXAM REQUIREMENTS

Questions for Senior Blue Belt Test

(All answers must be completed with Sir!)

1. Q: What is the advanced students Code of Honor?

- A:** *i. Respect each other.
ii. Be honest.
iii. Be patient with other.
iv. Help each other.
v. Always stand by the weak.
vi. Be loyal to yourself and your family.
vii. Obey and be loyal to your instructor.
viii. Be loyal to your Dojang, Sir!*

2. Q: Can you explain why you practice “one by one” fighting and “one step” sparring?

- A:** *We practice one by one fighting and one step sparring to develop effective offense and defense, control of distance, precision, speed and reaction time, Sir!*

3. Q: Why do you practice breaking techniques?

- A:** *We practice breaking techniques to develop power, precision, concentration, and to actually test the effectiveness of various techniques, Sir!*